

PHYSICAL CULTURE OF THE FACE.

PRACTICAL WAY TO MOLD A WOMAN'S FEATURES.

BY MARION MARTINEAU.

If Your Mouth Does Not Bow Properly You Can Make It Bow by a Little Manipulation, and Your Cheeks Can Be Made Plump and Your Eyebrows Trained if Only You Know How.



PINCHING THE EYEBROWS TO MAKE THEM CURVED AND NARROW



MOLDING THE NECK BY EXERCISE



PERSISTENT USE OF A BODKIN WILL FORM A DIMPLE

WRITTEN FOR THE SUNDAY REPUBLIC.

"B" is seated, madam; I am busy making a dimple.

The speaker was the face culturist in a beauty parlor and in a chair, patiently awaiting the next manipulation, sat a pretty girl.

"I am just completing a dimple as you see," said the culturist, "and it requires just a little touch of the bodkin and, so, it is deeply indented."

"Can I guarantee dimples?" Yes, madam, with a sufficient number of treatments."

And with a smile and a bow the culturist handed a glass to the pretty girl and dismissed her.

All features can be trained. Does your mouth suit you? If not, go to work upon it and make it over.

You can easily make your lips curve and to transform a straight ugly mouth into a cupid's bow is the work of only a very few weeks.

The mouth that looks like a slit in a blanket can be curved by pinching it, and lips that are thin and narrow can be made positively voluptuous by the girl who will devote time and attention to the work before her.

There is no longer any need to be ugly. If you are among the noted persons who have walked the earth in humility of spirit because you were no beauty, and knew of your own defects, now is the time to take notice and remedy your troubles.

The mouth that is too wide can be brought into line and made small and pretty and the lips that are white and shapeless can be made red and charming. Don't despair, no matter how poor a feature your mouth may be, for it can surely be made over.

Your first thought must be to its color. You must get your lips glowing. Lips that are blue, and lips that are white, and lips that are purple are all ugly. You have seen that kind of lips and so has everybody else. If your lips are of this description go to work at them and make them glow.

A good lip emollient should be on every dressing table. You can make one yourself. Take two ounces of sheep's fat and melt it on the stove. Add to it one ounce of almond oil.

Heat all together, and if glycerin agrees with your skin add a tablespoon of glycerin. Otherwise omit the glycerin, for it is poison to certain people. Scent the cream by adding a little almond meal and you will have something that is excellent as a lip emollient.

The time for applying a lotion to the lips is when going out into the brisk air. This will keep them from chapping and will preserve their color. It should also be applied at night on retiring. The lips must be kept moist or the mouth cannot be pretty.

CULTURE OF THE MOUTH.

Now for the physical culture of the mouth. It should be shaped like a cupid's bow, for if otherwise shaped it is not correct in its lines.

Take your upper lip between your middle finger and your thumb and pinch it into the shape of a cupid's bow.

Pinch it upward and keep on indenting it into bow shape until it assumes the form you desire it to have.

Do not think you can make over your mouth all in a minute, for just as Rome was not built in a day, even so the mouth was not formed in an hour. Keep at it, repeating the treatment every day, until the mouth begins to bow naturally, which it will do after a little while.

The under lip will take care of itself, but it is necessary sometimes to turn it

over and press it downward so that it will not get too thin.

Pressing the lips together in sleep will make them very thin and narrow. If you are in the habit of keeping the lips compressed, try the experiment of going to sleep with them relaxed. It will make all the difference in the world in their appearance in the morning.

There are mouths that are absolutely rigid, which would be positively soft if they were allowed to lie in tender lines instead of being compressed in hard fashion.

The second thing to consider, though in point of importance it might have been placed first—is the shaping of the nose. A nose that is a pug, a nose that is too wide and not tall enough, a nose that is turned up and a nose that has a shape at all can all be trained by the manipulation of the fingers.

Take the nose in the finger tips, many times a day, and press it together. If it be wide and short, press it together and slightly upward. But if it be already a turned-up nose, then let the pressure be a snig one, but pull the nose down a little.

The nose is nearly all fat and muscle and its shape can be changed by gentle pressure. Broken noses are set by a gentle molding of trained finger tips, and so can the fat nose, the pug nose and the nose that is turned up, by gently pressing the finger tips upon the fatty portions of the cartilage and fat.

TRAINING THE NOSE.

It is a good thing, always, when working with the skin, to use a little skin food, otherwise skin may become irritated. Dip the fingers lightly in a little skin food, press them against the sides of the nose, massage the point gently forward and then leave the nose alone until the next treatment.

The snuff-takers of the last century had very wide noses.

The constant dilating of the nostrils, owing to the universal habit of taking snuff, caused them to widen and widen. There were no pretty noses among the women of over 30, for by that age the nostrils had spread beyond hope.

Frequently it will happen that some nasal trouble will cause the nose to spread. Difficulty in breathing, a stopping of the air passages, any of these things will create difficulty in breathing and make the nostrils dilate.

This causes them to widen, and the first blow is struck at beauty. No professional beauty ever had a great, wide, spreading nose.

Do not sleep upon one side with the face buried in the pillow. This will turn the nose and make it grow crooked. Many a woman whose nose is twisted out of the straight line in which nature intended it to grow can trace her trouble back to the days when she slept with her nose buried in the pillow.

Those who have charge of young children should see that the ears are always laid back properly during slumber and that the nose is slightly pinched together at the base and not buried in the blanket. More noses are ruined by lack of care or by bad treatment than were ever spoiled by the hand of Mother Nature.

Really, aside from pronounced facial defects, nature makes all people beautiful. She creates women with a firm, clear, pretty skin, and she makes the eyes bright and the hair glossy.

Just what happens to them later is the fault of the person, not of nature.

The training of the eyebrows is an important thing. Don't allow your brows to be too wide. Do not let them spread out in a scraggy manner. Never let

them grow thin. Never let them lose their color.

MY LADY AND HER EYEBROW.

If your eyebrows do not grow to suit you, then get to work and practice physical culture upon them. Eyebrows that are too wide can be narrowed by pinching them together between the finger tips. Keep on pinching and curving until they come into shape.

The hairs can be trained to grow together in one shapely, pretty line, as well as to spread. The spreading, scraggy eyebrows of the old should be a warning and a lesson to the young. Train your eyebrows in the way they should grow, and when you are old, you will be glad that you did not let them straggle all over your forehead.

If your eyebrows are inclined to be thin, treat them nightly with sheep's oil and almond oil mixed in equal proportions. Use a camel's hair brush. Dip the brush in the oil and gently paint the brows, going over them with exceeding care.

Vaseline darkens the brows and makes them thicker in some cases. Use red vaseline, and slightly heat it. It can be thinned with almond oil if desired.

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TRAINING THE LIPS INTO A CUPID BOW.

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He will tell you to bathe your face in warm water, with just a few drops of carbolic acid in the basin of water, in the proportion of about ten drops to two quarts of water. This will clear your skin.

In buying the carbolic to use for this purpose tell your druggist how you are going to use it and ask him if ten drops to two quarts of water will be too strong for your face. If he understands his business he can tell, by glancing at your skin, just how much you can safely use.

The beauty expert, having treated your skin, will massage your cheeks and will train a dimple into the hollows. He will work and work, using always a good skin food, and pretty soon he will bring you out with a nice, pretty face.

You would be surprised to know the extent to which beauty depends upon the complexion.

Very young women are accounted pretty who would not be good looking at all were it not for the exquisite tone of the skin. A

KEEP THE CHEEKS FAT.

Keep the cheeks fat by massage; keep them in good condition by treating the skin with the finest cosmetics.

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WHERE IS OUR POLITENESS?

NOBLESSE oblige is a term of the olden time and one that in days gone by was considered as much part and parcel of a young person's education as honesty and religion, and from time immemorial the motto-for motto it has been held aloft by all nations—that is, all educated ones.

It is impossible to give a literal translation of the term, as for different nations it seems to imply different meanings, but in itself it signifies that it is impossible for a man or woman of noble birth to do anything derogatory to his or her inheritance.

It is a motto that has been taken by many a self-made man who has lived up to it often far better than he who has inherited it with his coat-of-arms.

It is what has helped many a man and woman to be brave in the face of adversity, to do kindly acts that might be somewhat unconventional, to maintain a high standard of honor, and has always been an inspiration and impetus for those

who would fain achieve the highest in all things.

In this most commercial age such refinement of feeling and such delicacy of thought have apparently little opportunity for growth.

In the mad rush for wealth, in the growing greed for gain, it would seem as if men and women had entirely forgotten all of the finer instincts and completely lost sight of anything but the present moment and the desire to be first.

To outdo each other in entertainments, to see who shall spend the most money, who shall be the most conspicuously dressed, who shall win the greatest number of prizes at cards or be given the largest number of favors at a collation, utterly regardless of the means by which all this is attained, is the ruling passion.

Card playing is always a favorite topic for outsiders, as well as straight-faced people, to launch forth against in bitter invective.

There is no space here to go into the question of morals as regards card play-

ing, but if the smart women of New York society were to catch a glimpse of themselves as they appear—so intent upon winning a paltry prize and entirely forgetful of manners and morals—they would at once be a good subject for one of the traveling preachers of olden time.

Curiously enough, it is the richest women who are the keenest in their desire to win prizes, and who do not hesitate to stoop to many little tricks and subterfuges to gain their ends, which would hardly seem in the least in accordance with their position in life.

The hostess who provides the finest prizes may be sure of having her invitations accepted, while she who may gather together a few cultivated people to play the game—quadrille or bridge, as the case may be—for the love of the game will find herself sadly left if it so happens that her invitations are sent out for the same day as the party of the other's entertainment.

Collation favors are prey for the girl who can accumulate the most—not necessarily the girl who receives them, all as her share and who has been favored by many partners.

At many of the large dances girls have to put their trophies in charge of chaperones, otherwise they are quietly appropriated by the next person who comes along and recriminations are often openly indulged in.

Gold watches, lip salve boxes and silver baskets, such as were given at one of the recent collations, are undoubtedly charming equivalents to possess, as proof of an evening's triumph, but as there was probably not one of the guests at this same entertainment who was not well able to purchase any number of such trifles, it would scarcely seem worth while to do so, to such very shady methods of going home laden with collation-favors.

The worst of it all is that nothing is thought of this.

To win a prize, to get a favor, is the end and aim of everything, and of necessity, it must needs blunt the finest sensibilities.

Yet parents are not slow in criticizing the child who returns from a dance with few favors, while the child, on the other hand, bewails the fact that the mother returns from a card party without any prize.

Now cards and the prizes to be played for give another advantage to the social aspirant.

It is a costly means of entertaining the royal arena, for such little trifles as silver tea sets, gold vases and even jeweled trimmings are necessary to make any marked impression, but the cost is said to be comparatively slight in comparison with the results obtained.

There is no woman so ordinary in appearance and manner but who, if she be but known to give unique prizes and can get a few introductions, will be able to bring you out with a nice, pretty face.

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